



Recovery In Motion

FEBRUARY 2015

NEWSLETTER

New WRAP Group Starts February 18

WRAP, a **Wellness Recovery Action Plan**, is a guided program that has been studied and found to be effective for people with mental health challenges. WRAP is based on five key concepts - *hope, personal responsibility, education, self-advocacy, and support*. Participants identify and establish a list of Wellness Tools they can use to maintain wellness and prevent crisis. The series ends by looking at various recovery topics. Here's some feedback from people who have taken the WRAP course:

"I had a lot of triggers that I didn't know how to deal with, now I do."

"It really helped me with a lot of things I was struggling with and it helped me put plans in place for my family to help me when necessary."

"Now I have a plan on paper."

If you are interested in participating in this series, please call 540-645-6042 or email info@recovery-in-motion.org to let us know that you are interested.

Birthday Party Pizza time! Starting March 7, every first Friday at 1:00 we'll have a party at the Center. We'll get a nose count, have some activities, prizes for individuals with birthdays that month, and then have pizza, compliments of RIM. Anyone who wants to contribute a favorite or special side dish or snack is certainly encouraged to do so! MARK YOUR CALENDAR



Welcome our new Receptionists

Depending on when you visit, you will meet either Gayle, Roseann, Karen, or Sara. These generous peers want to help your visit be as pleasant and useful as possible. They are making a point of learning more about what's going on and what's where, whether you're visiting or are phoning during standard hours (1-5 p.m., Wednesday through Saturday afternoons). If you're just looking for a place to hang out in the reception area, they can offer things to do, leave you in peace, or visit if you're so inclined. They also ensure that the bottled water and healthy snacks are kept up.



Karen (I) and Gayle
(Wednesday)



Sara (I) and Roseann
(Friday)

We also have what we call the Quiet Room if you could use a bit of respite from activities or would like to have a private conversation.

Steering Committee for RIM Programs

We are looking for three or four RIM members who would be willing to help with program planning.

Responsibilities include:

asking members what classes, workshops and recreational activities they would like to have at RIM,

- maintaining a list of suggestions on the bulletin board,
- encouraging members to facilitate some events,
- recommending the top choices to the Co-Directors and
- encouraging members to attend events.

Core programs, such as WRAP, Pathways to Recovery and some support groups will always be on the schedule.

This committee will begin by helping the Co-Directors with ideas for programs to add in March. After this 'practice' session, the committee will take the lead in planning for the spring quarter (April – June).

To apply send an email to [rimexedir@gmail.com](mailto:rिमexedir@gmail.com) telling why you would like to be on this committee. No special experience is necessary – only interest and enthusiasm.

A Letter from the Editor

We hope you have found this issue of the newsletter informative, friendly and inviting.

Our goal is to give you more information about RIM programs in a friendly way so that you will feel invited to increase your participation. We also want you to know that this peer-run organization needs and values suggestions from each member (peer).

Bette S.

Art from the Heart

Here are some examples of the many activities of this group -- drawings inspired by and drawn around small objects such as a straw, a container of dental floss, a plastic spoon, etc. The goal had nothing to do with "artistic talent" and everything to do with relaxing and enjoying the process of creating art from the heart.



You are invited to join Angelita, Gayle (facilitators) and others on the 1st, 3rd and 5th Wednesdays at 3:00 pm.

ELEVENTH ANNUAL "THE ART OF RECOVERY" EXHIBIT

Rappahannock Area Community Services Board (RACSB) is currently seeking entries for the Eleventh Annual "The Art of Recovery" exhibit. This art show features original artwork by adults with mental health challenges. The Art of Recovery provides a forum for artists living with mental illness to gain confidence in their abilities, address misconceptions surrounding mental illness, and experience community support. The exhibit runs May 1-24. Stay tuned for more information in the next newsletter and on our website.